

**21 st Century Curriculum Template (EL**

<b>Grade Level: 9th Grade</b>			<b>Name(s): Brian Vecchio</b>		
<b>Subject Area: Health Education</b>			<b>Date: Revised October 8, 2010</b>		
<b><u>Essential Learning</u></b>		<b><u>Indicators for Success</u></b>		<b><u>Common Assessment</u></b>	
Students will apply concepts related to the five components of physical activity and fitness.		(1) 5 components of physical fitness, evaluation of each, making changes in each, (2)basic health terminology, (3) past, current and future trends in fitness and obesity.		(1) Moodle Quiz, (2) Basic Characteristics Lab, (3) Physical Activity Project, (4) Internet based worksheets for each, unit test	
Students will analyze the core concepts related to nutrition and weight management.		(1) 6 nutrients in foods, individual roles, sub-groups, (2) food labeling, (3)product labeling, (4) fad Diets, (5) eating disorders, (6) supplementation, (7) food pyramid		(1) Nutrition budgeting, (2) Super Size Me activity, (3) Chapter 5/6 worksheets, (4) Culture project, (5) Unit test	
Students will analyze the core concepts related to substance use, abuse, and addiction.		(1) Tobacco Health risks,(2) Body System Effects, (3) ETS, (4) Alcohol Effects, (5) Binge Drinking, (6) DUI, (7) Alcoholism, (8) Drug Classifications, Addiction, and Tolerance		(1) Chapter Quizzes, (2) Tobacco Ads (3) Drinking Age Debate, (4) Drug Project, (5) Unit worksheet, (6) Caffeine Lab, (7) Unit Test	

<b>Students will apply concepts related to first aid and injury prevention.</b>	<b>(1) First Responder, (2) CPR/First Aid, (3) Chocking, (4) Shock, (5) Poison, (6) Safety at home, work, and on the road</b>	<b>(1) First Aid Quiz, (2) First Aid/ CPR Practical</b>
<b>Students will demonstrate the use of interpersonal/intrapersonal skills to achieve quality relationships.</b>	<b>(1) Communication, cooperation, compromise, (2) Active listening, (3) "I" messages, (4) Conflict resolution, (5) Types of Abuse, (6) Peer Pressure, (7) Refusal Skills</b>	<b>(1) Performance skit, (2) Final Exam</b>
<b>Students will compare and contrast between communicable and non-communicable diseases.</b>	<b>(1) Types of pathogens, (2) Immune response, (3) STD's, (4) HIV/AIDS, (5) birth control methods, (5) Cancer, (6) CVD, (7) Asthma and allergies</b>	<b>(1) Disease Research Project, (2) Moodle Quiz, (3) Chapter worksheets, (4) AIDS/HIV module</b>

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<u>Instructional Activities, Strategies, Learning Experiences</u>	<u>Differentiation Strategies</u>
Internet based worksheets, blood pressure, heart rate, BMI calculations, Exit Slips, Word Puzzles, flexibility/cardio assessment	(1) Privacy for self-conscious students. (2) Rubric for Physical Activity project (3) Sports Medicine Real Life Application
KWL Chart, budgeting groups, Dieting Research, Sport Nutrition meals, Supersize Me, Nutrient Performance Skit	(1) Performance Assessment Skit
(1) Drug Project, (2) Drinking Age Debate, (3) Caffeine Lab, (4) Exit Slips, (5) Substance Use Bingo	(1) Rubric for Drug Project (2) Tobacco Advertisement Critique, (3) Alcohol Commercial Script

<p><b>(1) Create a CPR Video, (2) CPR Order cards, (3) CPR/First Aid practical assessment</b></p>	<p><b>(1) Written Test</b></p>
<p><b>(1) "I" statements, (2) Conflict scenarios, (3) Practicing refusal skills</b></p>	<p><b>(1) Written Test</b></p>
<p><b>KWL Chart, disease project, AIDS/HIV module, Disease word searches, STD worksheets, "The Ryan White Story"</b></p>	<p><b>(1) Disease Poster (2) STD Student Survey...."myth or fact"</b></p>